

MWR HAPPENINGS



Volume 5 Issue 3
National Naval Medical Center

Navy Moral e, Wel fare and Recreation

March 2004



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Outdoor Adventures for all active duty, reservists, retirees, DOD civilians and their family members

Adventure Bound Ski/Snowboard Trip Whitetail Ski Resort Saturday, March 6



This is your last chance to join Adventure Bound for skiing or snowboarding this winter. Cost is \$22.00 for lift only. If you need to rent skis or snowboard, price is \$57.00 which includes rental and lift pass. The learn to ski package, which includes a beginning lift ticket and ski or snowboard rental, is \$ 47. Children must be accompanied by legal guardian to attend. Sign up by Thursday, March 04 at 1600.

Adventure Bound Day Hike Difficult Run, Great Falls, VA Saturday, April 10



Variety is the word to describe this 5.2 mile hike. We will begin at Great Falls Park, with overlooks of the falls and within a few minutes reach of Swam Trail, winding along the Potomac River. After a short, steep climb the train follows the rim of Mather Gorge as it leads back towards Great Falls. Hike is \$5 for transportation and park entrance. Pack a lunch and join us for a day in the outdoors. Sign up by Wednesday, April 7th @ 1600.

March

American Red Cross Month

National Nutrition Month

National Women's History Month

2004 Daily Observances

3	Naval Medical Corps est. 1871
3	Naval Reserve est. 1915
5	Seabees est. 1942
17	St. Patrick's Day
20	First Day of Spring
22	Office of Naval Intelligence est. 1882





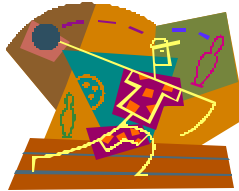
Liberty is a recreation program for single, unaccompanied enlisted military personnel. One guest may accompany a sailor per activity for the unsubsidized price unless otherwise stated in the program description. Non-eligible personnel over the age of 18 are able to sign up, if space is available, after the deadline for the unsubsidized cost and excluding transportation.

**Liberty Zone is NOW OPEN
on Saturdays from 1200-1800!!
Stop by and catch a movie or
check your email!**

Single Sailor

Discount Bowling Nights at the Bethesda Bowling Facility Mondays, March 8 & 22

If you are looking for something fun and cheap to do during the week, venture down to the Bethesda Naval Bowling Facility for a night of cheap thrills! Cost for single sailors E1-E6 (bring I.D.) and their guest is \$1 per game, per person. Shoe rental is \$1.50 per pair. Stop by from 1500-2000.



March Madness Basketball Poll March 8-12

Maybe you don't have the skills to play basketball, but you know who can. If you feel confident that you have the ability to predict who is gonna be the winner in the NCAA March Madness tournament. This poll costs no money, but the stakes are high. You could win a pair of tickets to the Wizards v. NY Knicks game on April 10th, a Game Boy Advance or a variety of other prizes. Pick up your bracket at the MWR InfoCenter, located in Bldg. 2 in the same hallway as Pass & ID (295.0434). Make sure to have it turned back in by March 12th @ 1600. Prizes will be distributed at the NCAA Final Party on April 5th Bldg. 61. So be there or be square. You must be a E1-E6 single sailor.



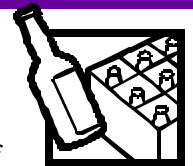
Adventure Bound Ski/Snowboard Trip to Whitetail Ski Resort Saturday, March 6

This is your last chance to join Adventure Bound for skiing or snowboarding this winter. Cost is \$22.00 for lift only. If you need to rent skis or snowboard, price is \$57.00 which includes rental and an unlimited lift pass. The learn to ski package, which includes a beginning lift ticket and ski or snowboard rental, is \$47. Sign up by Thursday, March 4 at 1600. This activity is part of our Adventure Bound Program; officers and children will be in attendance.



Old Dominion Brewery Tour Saturday, March 13

Have you always wanted to learn how beer was made? Join us as we visit one of the best microbreweries in our area. Cost to attend is \$2.00 for transportation and deadline to sign up is Wednesday, March 10 @ 1200.



DC Improv – Flip Orley Tuesday, March 16

Flip Orley is regarded as "The Nation's Premiere Comic Hypnotist". You may have a chance to be one of his volunteers. Cost is \$20 which includes transportation, admission to the show, and one dinner item menu and soda. Departure time is 1730. Sign up no later than March 15th @ 1600



St. Patrick's Day Leprechaun Watch Wednesday, March 17

Happy St. Patrick's Day, and it will be if you can find the Leprechaun romping around NNMCC. All you have to do is say "We're Lucky to have Liberty, they provide lots of fun!" and you'll get something from his pot of gold.



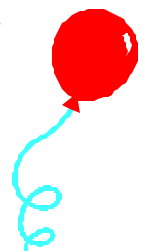
NCAA March Madness in the Liberty Zone

Get your college basketball fix! We will be showing all of the NCAA basketball games. We have 5 TV's plus the Liberty Zone theater. Games will only be shown when the Liberty Zone is open M-F 1630-2100 & Weekends 1200-1800.



LIBERTY ZONE March Birthday Celebration Thursday, March 18

Free Cake and Ice cream starting at 1645





If you need more information you may call MWR Info Center at 295.0434, The Liberty Zone @ 295.4727 or the Liberty Program Coordinators, Amy Johnson at 295.0256 or Carol Morris at 319.8431.

Sign up for all Liberty programs at the MWR Info Center on NNMC-Main Street or at the Liberty Zone in the Comfort Zone Complex, bldg. 23, during operating hours.

Charles Town Races & Slots Saturday, March 20

You can experience the thrill of live thoroughbred racing at Charles Town Raceway and Casino. If racing is not your thing, then you can try your luck at all the newest games, the hottest action, the most exciting reel and progressive slots, and the best of video poker, blackjack, and keno. Trip includes Prime Rib Dinner Buffet w/Terrace seating for throughout the races and Transportation. Cost is \$12.00 and deadline to sign up is March 18 at 1600. Bring extra money to try your luck.



Spring Shopping Trip to Arundel Mills Saturday, April 3

Add some color and pizzazz to your spring wardrobe with a shopping trip to Arundell Mill. With over 200 stores and restaurants as well as a Muvico Egyptian 24 Screen Theater, you can shop and eat and then drop to your feet! Cost is \$2 for transportation and makes you eligible to win a \$20 mall gift certificate. Sign up no later than March 31st @ 1600.



March Madness PS2 NCAA Tourney Tuesday, March 23

Join us as we kick off the NCAA Regional Finals as we host our own tournament. Show off your skills on the court while you play PS2's March Madness Basketball. You can win a pair of tickets to the Wizards v. NJ Nets on March 31st. Tournament starts at 1700 in the Liberty Zone.



NCAA Championship Party @ BLDG. 61 Monday, April 5

Join us to watch the NCAA Final Four College Basketball Tournament. We're bringing the party to you...all you have to do is come and have fun. Snacks, soda, game and prizes will be available.



Paintball Saturday, March 27

It is open season again on your friends. Sign up for the first paintball trip of the new year. Cost is \$15 or \$10 for those with their own equipment. Price includes gun rental, CO2 cartridge, face mask and a box of balls to share amongst the group. Guests cost \$25.



Orioles vs. Red Sox Thursday, April 8

It's baseball season and we are geared up to hit the ball park. Catch the Baltimore Orioles play the Boston Red Sox. Cost is \$10 for seats located in section 5. Price includes transportation and admission to the game. Sign up no later than April 6th @ 1600.



Mark your calendars—
New York City Trip
Friday, April 16-
Sunday, April 18

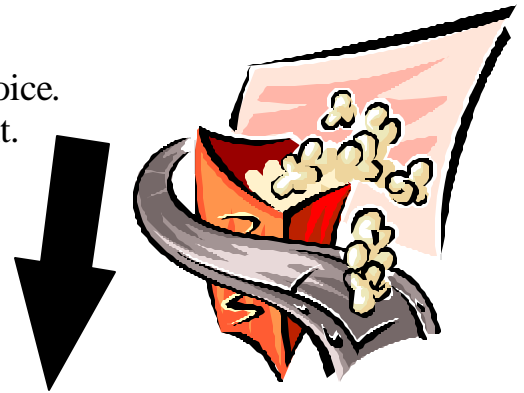




Liberty Zone Theater

Located in the Liberty Zone,
Comfort Zone Complex, Bldg. 23

Check out your favorite flick at the Liberty Zone Theater. The 1st movie shown at 1645 is viewer's choice. Second movie at 1630 is from the schedule below right. Sundays and holidays scheduled movie is at 1430.



Movies in the Barracks

*Free Movie and
Popcorn in the lounge at 1800!*

**03/3 @ CBQ 61
School of Rock**

**03/4 @ CBQ 50
Gothica**

**03/10 @ CBQ 60
My Boss's Daughter**

**03/17 @ CBQ 61
The Human Stain**

**03/18 @ CBQ 50
Time Line**

**03/24 @ CBQ 60
Mona Lisa's Smile**

**03/31 @CBQ 61
Scary Movie 3**

03/1	Stuck on You
03/2	Time Line
03/3	Mona Lisa's Smile
03/4	The Human Stain
03/5	Scary Movie 3
3/6 @ 1430	Radio
03/7 @ 1430	Love Actually
03/8	Kill Bill Volume One
03/9	Brother Bear
03/10	Hope Springs
03/11	American Graffiti
03/12	The Haunted Mansion
3/13 @ 1430	My Boss's Daughter
03/14 @ 1430	Something's Gotta Give
03/15	Mona Lisa's Smile
03/16	Dr Seuss' Cat in the Hat
03/17	Stuck on You
03/18	NCAA 1 st & Second Round
03/19	NCAA 1 st & Second Round
3/20 @ 1430	NCAA 1 st & Second Round
03/21 @ 1430	NCAA 1 st & Second Round
03/22	Sure Thing
03/23	Hope Springs
03/24	Crime Spree
03/25	NCAA REGIONALS in the Theater
03/26	NCAA REGIONALS in the Theater
3/27 @ 1430	NCAA REGIONALS in the Theater
03/28 @ 1430	NCAA REGIONALS in the Theater
03/29	Grind
03/30	Dickie Roberts
03/31	The Human Stain

Liberty Zone-
Inside the Gym, Bldg. 23
24 hr Liberty Infoline
Dial 295-4727!

EMAIL: liberty@mwrbethesda.com
Monday-Friday 1630-2100
Sunday & Holidays 1200-1800



MWR Community Room

NNMC Bldg. 11, Main Level

- Approximate- 75 Person Capacity
- Tables and Chairs Provided with Room Rental
- Colored linens with Room Rental
- Ice and refrigeration available
- Projection screen available for use



Eligible patrons:

Active Duty, Retirees, DOD Civilians, and DOD Contract personnel may rent the room.

Room Rental-\$150.00

Reservation is made when payment is received. Cash, Check, and Credit Card are accepted for room rental.

- Catering Services Available (USU Café & Catering) Menu is available electronically. USU Café and Catering, Call 301-493-6554 or cafeteria@usuhs.mil
- Alcohol Services Available (Due to base regulations, it is mandatory that alcohol must be purchased from and served by MWR)

For more information and room reservations please contact:

David Page, Community Services Director

Ph. 301-295-0939

dlpage@bethesda.med.navy.mil



USU Café



301.493.6554



4301 Jones Bridge Rd



For your catering needs contact:
Selcuk "Sammy" Polat, Manager
301-493-6554

Catering menu available by email.

Send requests to: cafeteria@usuhs.mil

Platters are available for your
office parties and
celebrations.

Call 301-493-6554
for pricing.

Wednesday, March 17
St. Patrick's Day
Lunch Special

Reuben Sandwich
French Fries & 16 oz. Soda
\$5.95

International Thursdays

March 4-
Turkey: Beef & Chicken Kabobs

March 11-
Mexico: Beef and
Chicken Burritos

March 18-
India: Chicken Tika

March 25-
Italy: Spaghetti & Meatballs

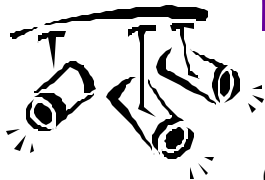




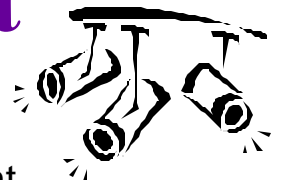
Bethesda Naval
Bowling Center
301-295-2034/2060

Hours of Operation

Mon & Tues	1000-2200
Wed & Thurs	1500-2200
Friday	1300-0030
Saturday	1000-0030
Sunday	1300-2000



Friday & Saturday Night Show Time Bowling



Come check out the bowling center's new black light and laser light show with music videos!!

Our latest renovation project has brought the bowling center into the 21st century!

Great new sound system! More lights to dazzle you!
Black light carpet and masking units that glow in the dark!!



Every Friday From 10:30-12:30
2 hours of Unlimited Showtime Bowling
Only \$8.00 per head, includes shoe rental

Every Saturday from 10 pm-Midnight
\$2.75 per game

Great Birthday Party Packages

- *1 hour of bowling
- *Use of rental shoes
- *1/2 hour of Party Time
- *Food

We provide a choice of hamburger, hot dog, or chicken nuggets, with french fries and a beverage. You provide the kids, Party-ware, balloons, cake, etc.

Only \$9.50 per person

Call 301-295-2060/2034 to reserve your date!



Office get-togethers, retirement and birthday parties, any special occasion....

You can reserve all or part of the bowling center for your special event.

We will work with you to fulfill all of your party needs.

Music, unlimited bowling, shoes, billiards, contests, tournaments, etc.

Group Rate Options:

Unlimited Bowling Packages (Includes shoe rental)

\$7.50 pp for 1.5 hours

\$9.00 pp for 2 hours

\$14.00 pp for 3 hours

\$18.00 pp for 4 hours

*Add a food package for only \$3.50 pp.

(Food package includes your choice of hamburger, hot dog, chicken nuggets, with French fries and a beverage)

*Add music and lights for only \$3.00 pp.



MWR InfoCenter

Your MWR Information Source. Discount Tickets!!!
TicketMaster Outlet! Info On Places To Go? Things To Do?
Get maps and brochures! We are your ticket to savings and your
central location to sign up for Liberty and Adventure Bound Trips!



We are an AUTHORIZED TICKETMASTER OUTLET>
Check the Ticketmaster website at www.ticketmaster.com for upcoming events!

ticketmaster

Movie Theaters

(*movie must run at least 10 days
before these tickets can be used,
unless otherwise noted)

AMC Theaters* \$5.75
Loews/ Cineplex Odeon* \$5.75
Regal Cinemas* \$5.75

Maryland

Baltimore Aquarium

Adult \$16.00 (save \$1.50)
Active duty/Senior
\$13.00 (save \$1.50)
Child \$9.00 (save \$.50)

Virginia

Colonial Williamsburg

Freedom Pass 1 yr
(adult) \$44.00 (save \$5.00)
Freedom Pass 1 yr
(youth) \$22.50 (save \$2.00)
One-Day
(adult) \$34.00 (save \$3.00)
One-Day
(youth) \$17.00 (save \$1.50)
Luray Caverns \$4 off coupon

DC

Int'l Spy Museum-

Don't wait in the long lines!!

Adult \$12.50 (save \$.50)
Senior, Military
\$11.50 (save \$.50)
Student \$9.50 (save \$.50)

SKI AREAS

Liberty, Roundtop, Whitetail
& Windham* Ski Areas

(*Snow Tubing not available)

Weekend Lift Only \$40.00
Weekday Lift Only \$28.50
Night Lift Only \$22.00
Weekend Lift & Rent \$75.50
Weekday Lift & Rent \$64.00
Night Lift & Rent \$55.50
Learn to Ski Pack. \$62.00
Tubing 2-Hr. Weekend \$15.00
Tubing 2-Hr. Weekend \$12.00

**The following tickets below in
bold are available by
special order:**

**To order, patron must submit a 2
week advance notice and a 10%
non-refundable deposit at time of
order. Deposit will be applied
toward total cost of tickets.**

**Adventure Island-Tampa
Busch Gardens -Tampa
Orlando Flex Ticket
Wet n' Wild-Orlando
Disneyland-California
Legoland-California
San Diego Zoo
Sea World-San Diego
Sea World-San Antonio**

Florida

Sea World, Orlando

Adult \$43.00 (save \$12.33)
Child \$35.75 (save \$9.99)

Universal Studios, FL

1-Day Adult \$45.50 (save \$7.45)
1-Day Child \$36.00 (save \$7.41)
2-Day Adult \$82.25 (save \$18.40)
2-Day Child \$68.50 (save \$18.37)
3-Day Adult \$100.00 (save
\$16.55)
3-Day Child \$78.50 (save \$24.27)

Disney World, FL

4-Day Hopper
(ad) \$189.00 (save \$21.94)
4-Day Hopper
(ch) \$151.00 (save \$17.54)
5-Day Hopper
(ad) \$217.00 (save \$25.74)
5-Day Hopper
(ch) \$175.00 (save \$20.04)
5-Day Hopper Plus Adult
\$245.00 (save \$29.57)
5-Day Hopper Plus Child
\$197.00 (save \$23.49)
6-Day Hopper Plus Adult
\$274.00 (save \$32.37)
6-Day Hopper Plus Child
\$220.00 (save \$25.95)

Disney World Pleasure Island

\$18.00 (save \$3.15)

All Prices Subject To Change

All Tickets Are Discounted



Ringling Bros. Discount Circus Tickets

They don't call it "the greatest show on Earth" for nothing! Thrill to the snarling tigers and laugh at the feats of the personable pachyderms. See your favorite acrobatic clown perform gravity defying acts. Watch speeding motorcycles challenge the Globe of Death. Catch this action and more. Tickets are available at MWR InfoCenter for the following shows:



First Mariner Arena- Friday, March 12 & 19 @ 7:30 pm, Saturday, March 13 & 20 @ 11:30 am, 3:30 pm, and 7:30 pm, and Sunday, March 14 & 21 @ 1:00 pm and 5:30 pm,

MCI Center- Friday, March 26 @ 7:30 pm, Saturday, March 27 @ 11:00 am, 3:00 pm, and 7:30 pm, and Sunday, March 28 @ 1:00 pm and 5:30 pm

Patriot Center- Friday, April 2 @ 8:00 pm, Saturday, April 3 @ 11:00 am, 3:00 pm, and 8:00 pm, and Sunday, April 4 @ 1:00 pm and 5:30 pm

D.C. Armory- Friday, April 9 @ 7:30 pm, Saturday, April 10 @ 11:00 am, 3:00 pm, and 7:30 pm, and Sunday, April 11 @ 1:00 pm and 5:30 pm



Wizards Tickets Drawings!

Now you can win a pair of tickets for your Washington Wizards basketball team! Just fill out an entry form at the MWR InfoCenter located around the corner from Main Street. Tickets will be drawn a week or two prior to each game. The value of a pair of these tickets is \$160.00 and the seats are located on the lower level.

Let's Go Skiing!

With the winter weather, the MWR InfoCenter is now shifting into high gear for the ski season. Let MWR help you ski your troubles away! Discount tickets are available for Liberty Mountain Resort (in Carroll Valley, Pennsylvania), Ski Roundtop (in Lewisberry, Pennsylvania), Whitetail Mountain Resort (in Mercersburg, Pennsylvania), and Windham Mountain Resort (in Windham, New York) at the MWR InfoCenter. You can choose from two options: lift only and lift & ski rental. These are further broken down into three types: Weekend (Mon-Fri), Weekend (Sat-Sun), and Night (5 pm-10 pm). Learn to Ski packages and Tubing (Weekend or Weekday) tickets may also be purchased at the MWR InfoCenter. Check for prices at left. Call the MWR Info Center at 301-295-0434 for more information.

A Great Day Trip for Friends and Family!

Liberty Resort & Conference Center-Carroll Valley, Pennsylvania

You can drive to Liberty Mountain in about an hour!!

MWR has your discounted tickets...see prices at left!

From Washington, DC and Northern Virginia - 60 minutes.
I-270 north to Frederick. Rt. 15 north to Emmitsburg, MD, exit left onto South Seton Ave. At traffic light, turn left onto Rt. 140. At PA line, Rt. 140 becomes Rt. 16. Turn right on Rt. 116. Liberty Mountain Resort is 3 miles on the right.





Health Promotions Department NNMC Wellness Center, Bldg 12, 1st deck

Losing It!

It seems that everyone you talk to these days is interested in losing weight. This is not surprising since nearly two-thirds of Americans, including active duty Navy personnel, are overweight.



What causes all this weight gain? Genes, and the body type you inherit, can play a large role in predisposing you to be overweight. But you can't just blame your parents. You have a great deal of control over your weight. What you eat and how much activity you get can outweigh a genetic propensity toward weight gain. The environment we live in makes it very tough. In our culture, food is everywhere and it is cheap. The food industry helps out by super-sizing fast foods, snacks and restaurant portions. Cars, computers, remote controls, elevators and television make life so easy we don't have to expend many calories to get through the day.

March is National Nutrition Month. It is a perfect time to take a look at your eating and exercise habits as well as your body weight. You maybe asking, "Am I overweight?" A quick way to determine this is to consult a Body Mass Index (BMI) chart. You can find the chart on the web at http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm To determine your BMI, find your height on the left axis and run your figure over to your body weight. Then run your finger up to the top of the chart.

A healthy body weight is a Body Mass Index of less than 25. A BMI of 25-30 is considered overweight and a BMI of 30 or more is considered obese. If your weight is 25 or above then you are at an increased risk of heart disease, diabetes and hypertension because of your weight. You can reduce your risk of developing these conditions by losing weight. Don't confuse BMI with BCA. A person's BMI is different from the body composition assessment (BCA) used in the PRT.

If your BMI is too high you may be asking yourself how you can lose the fat and keep the muscle. A recent study comparing four popular diet plans - Atkins, Dean Ornish, Weight Watchers, and the Zone - found that people who stick with any of these programs, for a year, lose about 5% of their body weight. For a 200 lb. person, that is 10 lbs. This is far fewer pounds than most dieters hope for and nearly 1/3 of the participants stopped dieting before the year was up. But even this modest weight loss cut the

risk of heart disease by 7 to 15% by reducing blood pressure and cholesterol levels.

The bottom line to "losing it" is that if you can stick with a weight loss plan then it is likely to work for you. The keys include getting more exercise, controlling portions, managing emotional eating, if it is a problem for you, and setting realistic goals for yourself.

Nutrition & Weight Management

Healthy Heart Nutrition

Learn how to make changes in your diet to reduce your risk of heart disease. Appropriate for those with elevated cholesterol or triglycerides, hypertension or heart disease.

MAR 03	1300-1500
MAR 17	1300-1500
MAR 31	1300-1500

Ship Shape Program (active duty only)

An 8 week program focusing on nutrition education, increased exercise and behavior modification.

Call 301-295-6649 to register.

TUESDAYS	MAY 25 – JUL 13	1130-1300
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The Healthy Weigh (open to all beneficiaries and NNMC Civilian employees and contractors)

An 8 week management program designed to help you lose weight and develop healthy lifestyle habits.

Call 301-295-6649 to register.

Thursdays	APR 8-MAY 27	1200-1300
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Is Your Weight Healthy?

Come and learn the answer to that question! The Health Promotion and Nutrition Management Departments will compare your Body Mass Index and answer your questions on healthy eating and weight control. Visit our education table, outside of the NEX uniform shop on Main Street.

TUESDAY MAR 09	1100-1300
TUESDAY MAR 30	1100-1300

Tobacco Cessation

"Kicking the Habit"

An information packed 3 hour session that will prepare you to quit.

MAR 2	1200-1500
MAR 16	1200-1500

Call 301-295-2159 to register.



Health Promotions Department

NNMC Wellness Center, Bldg 12, 1st deck

Fitness and Exercise

NNMC Indoor Walking Path

In the basements of buildings 9 & 10, available for daily use 0600-1800, seven days per week.

Walking Group

Enjoy a brisk 30-minute walk Mondays and Wednesdays at 1115. Meet in front of Building 10 at the flagpole. In inclement weather, we will use the indoor walking path. Call 301-295-6649 to sign up.

Healthy Back Class

Achieve and maintain a healthy spine, decrease pain. Learn about anatomy, posture, and ergonomics.

MAR 4	1400-1500
MAR 18	1400-1500

Knee School

Learn anatomy, ergonomics, and causes of pain. Strengthening and stretching exercises will be demonstrated. Wear your PT gear. Call 301-295-6289 to register.

MAR 2	1400-1500
MAR 16	1400-1500

Stress Management Program

Just Relax! Dealing with Stress

Develop a stress-resistant lifestyle by learning a variety of stress management techniques for both your professional and personal life.

MAR 9	1300-1500
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You Can't Be Serious! Dealing with Anger

Introduces constructive thinking and actions to deal with anger responses to life situations.

MAR 30	1300-1500
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Women's Health

Hormones and Your Health

Women over 40-the real scoop on your changing body-hot flashes, emotional ups and downs, osteoporosis, hormone replacement.

Contraception Class

General information to make an informed choice on contraception methods. Call 301-295-6673 for a schedule of the above classes.

Breast Cancer Risk Assessment Class

Learn about your personal risk for developing breast cancer and what you can do to decrease it. Offered by the Breast Care Center. Please call 301-295-3899 for more class times and days.

Healthy Heart

Managing Your Numbers

Control High Blood Pressure Before It Controls You!

Learn effective ways to lower your blood pressure through medication, proper diet, exercise and stress management.

MAR 24	1300-1500
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Interesting Stuff...

Fitness-In-A-Bag Program

Are you active duty going on a short TAD? Before departing, call the Health Promotion Department to reserve a Fitness-In-A-Bag kit. The kit includes a heart rate monitor, a pedometer, exercise videos, a jump rope and a portable strength training kit. For loan only. Call 301.295.2159 to reserve a kit today!

Health Promotion On-Site

Interested in having a program at your DOD worksite? The staff at the Health Promotion Department is available to assist! Please call 301.319.4660 for more details.

Health Promotion Resource Library

The Health Promotion Department has a variety of books, videos and pamphlets on health related topics. Come see our collection in Building 12.

Healthy Happenings information
is provided by Health Promotion Service,
www.bethesda.med.navy.mil
National Naval Medical Center, Wellness Center
8901 Wisconsin Avenue, BLDG 12, 1st deck
Bethesda, Maryland 20889

Make Spring your season of renewal!



Swim Challenge

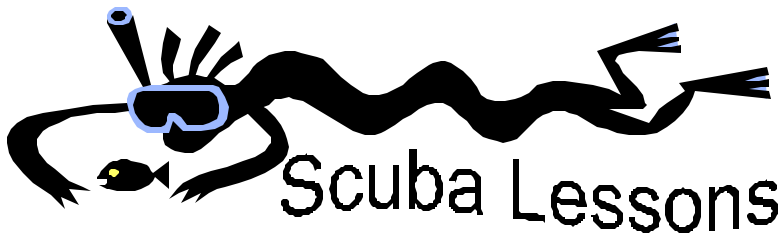
Sharks Swim Club is hosting some upcoming swim challenges.

The Sharks meet on Tuesday and Thursday at 6 pm. This is where any level swimmer can get a coached workout, stroke tips, meet great people and have fun! Open to all!!

Tuesday, March 23
Swim Challenge at 6 pm.

Thursday, April 15
Swim Challenge at 6 pm.

Call 301-295-0031 for more information about the Sharks Swim Club.



Scuba Lessons

Pool Schedule

Regularly Scheduled Activities

- M-F, 1100-1300
Active Duty Only Swim
- Monday-Friday, 1500-1800,
Pool Peak Time-crowded
- Tuesday & Thursday, 1800-2000
Sharks Swim Club (3 lanes reserved)
- Friday, 1800-2000, Family Swim
(3 lanes reserved)
- Sunday 1300-1700, Family Swim
(3 lanes reserved)



DIVE.... DIVE...DIVE...with MWR SCUBA

4 classes will be offered in 2004- May, June, July , and August

MWR once again is offering the ultimate underwater experience...SCUBA. Come join us on Monday& Wednesday evenings from 6-9 pm at the MWR pool. Each class is a month long, which consists of classroom & pool time. The prerequisites are a 300-yard swim, 40 ft. underwater swim, and a 15-minute floating exercise. At the end of the course and after your open water checkout dive, you will become Open Water Scuba Certified. Class tuition is \$200.00. The first day of each session will be an orientation and explanation of the class. The students are responsible for their own mask, fins, snorkel & booties, which are available for purchase at a discount on the first night of class. Classes are open to all authorized patrons with a valid ID / membership. Registration and tuition payment can be made at the CZC front desk. Don't delay, space is limited!!!



MWR Swimming Lessons

Curl Burke Certified
Instructors

- Each session is 6 sessions for \$35.00
- Classes are either Saturday or Sunday (45 min) lessons
- Register and pay for one session only, no advance session registration
- No registration/ payment will be taken after the last day of registration
- Open to all eligible MWR patrons
- 1st class is placement and adjustment
- Pool is not available for open swimming during lesson sessions



<u>Class Time</u>	<u>Age Group/Class Size</u>	<u>Type of Class</u>
0910-0940	3-6 years with parent-6 students max.	Water Adjustment
0910-0940	6-14 years-7 students max.	Beginner
0945-1015	3-6 years-6 students max.	Beginner
0945-1015	6-14 years-8 students max.	Intermediate
1020-1050	3-6 years-7 students max.	Intermediate
1020-1050	6-14 years-8 students max.	Advanced Intermediate



301-295-0031

Session # 1

- Start date April 17 & 18
End date: May 22 & 23
- Registration Start Date: Monday, March 8
- Last day to register: Wednesday 14 April
- Adult classes- Saturdays 5:00 pm-5:45 pm

Session # 2

- Start Date: June 5 & 6
End Date: July 10 & 11
- Registration start date: Monday, April 26
- Registration end date: Wednesday, June 2
- Adult classes- Saturdays 5:00 pm-5:45 pm

Session # 3

- Start Date: July 24 & 25
End Date : August 28 & 29
- Registration start date: Monday, June 14
- Registration end date : Wednesday, July 21
- Adult classes- Saturdays 5:00 pm-5:45 pm

Session # 4

- Start Date: September 11 & 12
End Date: October 16 & 17
- Registration start date: Monday, August 2
- Registration end date : Wednesday, Sept. 8
- Adult classes- Saturdays 5:00 pm-5:45 pm

Session # 5

- Start Date: October 30 & 31
End Date: December 11 & 12
- Registration start date: Monday, September 20
- Registration end date: Wednesday, October 27
- Adult classes-Saturdays 5:00 pm-5:45 pm

AGES 3-6

WATER ADJUSTMENT 30 min

For children who want/ need the security of parents for the first class experience. This teaches the basics to both kids and parents for future teaching.

BEGINNER 30 min

For children with little or no experience in the water. This class teaches Bubble breathing, floating, and swimming under water and coordination of movement in the water.

INTERMEDIATE 30 min

Students must be able to do the following skills to participate in this class.

1. Swim freestyle 10 yds
2. Elementary back 10 yds
3. Hold breathe under water 5-10 sec
4. Kick front and back 20 yds

INTERMEDIATE ADVANCED 30 min

Students must be able to do the following skills to participate in this class.

1. Swim freestyle 25 yds w/ side breathing
2. Elementary back 25 yds
3. Dolphin / frog kick 15 yds
4. Kick front and back 50 yds
5. Know beginning fundamentals of breast stroke

AGES 7-14

BEGINNER 30 min

For children with little or no experience in the water. This class teaches Bubble breathing, floating, and swimming under water and coordination of movement in the water.

INTERMEDIATE 30 -45 min

Students must be able to do the following skills to participate in this class.

1. Swim freestyle 25 yds
2. Back stroke 25 yds
3. Kick front and back 50 yds
4. Know fundamentals of breaststroke

INTERMEDIATE ADVANCED 45 min

Students must be able to do the following skills to participate in this class.

- Learning ALL strokes, gearing up for swim team
- Swim freestyle 50 yds w/ side breast hing
- Backstroke 50 yds
- Kick front and back 75 yds
- Breaststroke 50 yds



Fitness Orientations

Personal fitness orientations are available for all CZC patrons, by appointment only. During your appointment, one of the Comfort Zone Complex's personal trainers will show you how to use the fitness equipment correctly and safely.

They will also help you set up a fitness program to meet your personal fitness goals.

Appointment times in 45 minute increments:

Monday-Thursday 1000, 1100, 1500, 1600

Appointments are made by calling the CZC front desk at 301-295-2450.

FITNESS CHALLENGE

**Wednesday, March 24
1130**

**Fitness Studio
Bldg. 11, 2nd floor**

High intensity, callisthenic workout, push ups, crunches, agility moves and more.

For 20 minutes you will not stop moving!! This challenge is limited to the first 10 patrons to register at the Comfort Zone Complex front desk. **PRIZES!!!**

Call Bryan at 301-295-0031 for more information.

FREE SEATED MASSAGES at the Comfort Zone Complex!!!

(By appointment only)

Must present Military ID or your CZC membership card

DID YOU KNOW?

FREE 15-minute chair massages are available for you on Tuesdays and Thursdays from 1100-1300 and 1600-1800. This is a great stress reliever as well as a great treat for muscles before or after a workout.

Appointments are accepted beginning on Monday for only the upcoming week, on a first come, first served basis. One massage per patron per week.

Clean, dry clothes are a must. Call 295-2450 to schedule your massage.

Take advantage of this FREE service while you still can!!

Fitness Workshops

These workshops are FREE. Join a trainer and learn tips to improve your workout. Meet in the stretching area of the Comfort Zone Complex.

Tuesdays, March 16 & 30
1200

"Ready for Spring:
Lower body strength workouts"

Wednesdays, April 14 & 28
1200

"Upper Body High Intensity Spring Workouts"

Please call the
Fitness/Aquatics Manager,
Bryan Jackson at
301-295-0031 or email
bryanjackson@mwrbethesda.com



Jiu-Jitsu Karate for Kids Self Defense Bldg. 12, 2nd floor

Mondays

1900-2100

Adult Jiu-Jitsu (all levels)

Wednesdays

1800-1945

Karate for kids 6-14 yrs

1800-2000

Women's Self Defense

Fridays

1900-2100

Adult Jiu-Jitsu (all levels)

Saturdays

1030-1200

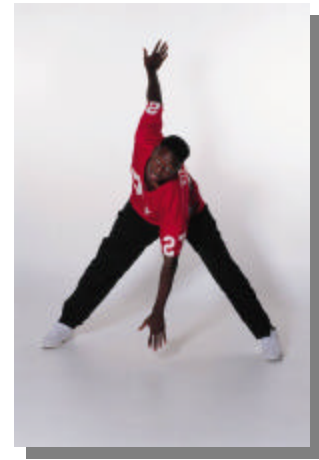
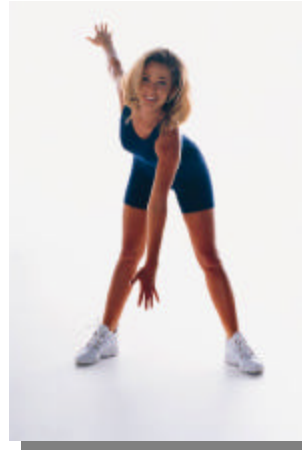
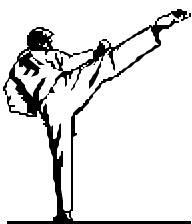
Karate for Kids 6-14 yrs

1300-1500

Adult Jiu-Jitsu

Monthly costs:	Adult Jiu-Jitsu	\$55
	Karate for Kids	\$35
	Women's Self Defense	\$35

Call the CZC 295-2450 for more info. Fees may be paid at the Comfort Zone Complex Front Desk prior to starting classes for the month. Fees cover all classes taught within each category.



AEROBICS— MWR Fitness Studio At the Wellness Center Bldg 12, 2nd floor

Aerobics

Weekly schedule

Mon	Step Aerobics	1645-1745
Tues	Step Aerobics	1130-1215
	Sculpting	1645-1745
Wed	Step Aerobics	1645-1745
Thurs	Step Aerobics	1130-1215
	Sculpting	1645-1745
Fri	Instructor's Choice	1645-1745

Bring your Military ID card or your Comfort Zone Complex Membership card to each class.
(See membership guidelines on pg. 12)

Call 295-2450 for more information.



Comfort Zone Complex



Comfort Zone
Complex
Manager
Voice Mail



301-295-0030

Fitness/Aquatics # 1

Athletics & Team Sports #2

Recreation Director #3

CZC Fax- 301-295-5156



2004 Towel Cards

The new 2004 towel cards are here!
These cards help provide towels for patrons who want to utilize the towel service. ALL towel cards not marked 2004 are expired. The cards are \$5 and are good for the calendar year 2004.

Replacement cards are \$5.

Patrons using the towel service must present their towel card at the front desk to receive a towel. Card will be returned when towel is returned.

Comfort Zone Complex

100% ID check

Hours of Operation

Mon-Fri 0500-2100

Sat-Sun 0900-1800

Pool Hours

Mon-Fri 0500-2000

Mon-Fri (Active Duty Only)

1100-1300

Sat-Sun 1100-1700

Holiday Hours

Follow weekend schedule

Liberty Zone

Mon-Fri 1630-2100

Sat-Sun 1200-1800

Comfort Zone Complex members include all active duty military and their immediate family members, retired military, and reservist.

DOD Civilians and Non-DOD Federal Employees are eligible for membership at the following rates:

	<u>Daily</u>	<u>6 mos.</u>	<u>Annual</u>
DOD Civilians	\$3	\$50	\$75
Non-DOD Federal Employees	\$5	\$75	\$150

Please note: Contractors and family members of DOD and NIH employees are NOT able to obtain a membership to use the facilities.



Congratulations to the Women's Command Basketball Team for placing third in the 2004 Capitol Classic Basketball Tournament

Coach: Paul Jones

Wendy Tompkins- (All Star Tournament Team Selected)

Donna Hopkins

Jamie Brown

Emily Mielcarek

Brandi Hicks

Crystal Russell

Joyce Emmons

Tawana McKinzy

Marsha Collins



Congratulation's To Jason Leidel 2004 Capitol Classic Slam Dunk Champion

St. Patrick's Day Fun Run/Walk

Date: March 25th

Time: 12:00 noon

Place: Comfort Zone Complex

Prizes: T-shirts to the first 35 patrons that sign-up
and complete the race.

Contact: Wendy Tompkins 295-0031/32

E-mail: wtompkins@mwrbethesda.com



Command Golf Team Try-outs

Date: March 26th

Tee Time: 9:00 am

Place: Patuxent Greens Golf Course

Fee: \$25.00

Registration Deadline: March 18th

Format: **Stroke play!**

Only 15 spots available!!!

Contact: Wendy Tompkins 295-0031/32 or E-mail: wtompkins@mwrbethesda.com





Children's Cove
Child Development
Center

Volume 5 Issue 3

March 2004

Kids Konnection National Naval Medical Center

FROM THE ADMINISTRATOR...

Oh dear! The groundhog saw his shadow. Six more, long weeks of winter!!! We are all suffering from an acute case of cabin fever and we long for the spring sunshine to come and melt all of the snow and ice. A big thank you to Wendy over at the gym for arranging some playtime for the preschool.

Springtime is when we begin to focus on safety issues. How can we teach our children to stay safe while playing outdoors? One way is a program on bicycle safety from St. Jude's Children's Hospital. The preschoolers will be learning about the rules of the road while they prepare for a fund raising Trike-a-thon to be held, hopefully, weather permitting, on March 26th. They will be bringing home material on bike safety, as well as pledge cards for the Trike-a-thon. Please help us support this very worthwhile learning experience for the preschool.

AN IMPORTANT SAFETY REMINDER FOR PARENTS:

The National Center for Missing & Exploited Children offers these common-sense, general safety tips to help.

- When you speak to your children, do so in a calm, non threatening manner. Children do not need to be frightened to get the point across. Fear can actually work at cross-purposes to the safety message, because fear can be paralyzing to a child.
- Speak openly about safety issues. Children will be less likely to come to you, if the issue is enshrouded in secrecy. If they feel that you are comfortable discussing the subject matter, they may be more forthcoming to you.
- Do not confuse children with the concept of "strangers." Children do not have the same understanding of who a stranger is as an adult might. The "stranger-danger" message is not effective, as danger to children is much greater from someone you or they know than from a "stranger."
- Practice what you talk about. You may think your children understand your message, but until they can incorporate it into their daily lives, it may not be clearly understood. Find opportunities to practice "what if" scenarios.
- Teach your children that it is more important to get out of a threatening situation, than it is to be polite. They also need to know that it is okay to tell you what happened, and they won't be a tattletale.
- Children should always **check first** with you or a trusted adult before they go anywhere, accept anything, or get into a car with anyone. This applies to older children as well.
- Children should not go out alone and should always **take a friend** with them when they go places or play outside.
- It's okay to say **no** if someone tries to touch them or treats them in a way that makes them feel scared, uncomfortable, or confused and to get out of the situation as quickly as possible.
- Children need to know that they can **tell** you or a trusted adult if they feel scared, uncomfortable, or confused.
- Children need to know that there will always be someone to help them, and they have the right to be safe.

For more information contact the National Center for Missing & Exploited Children at
1-800-THE-LOST (1-800-843-5678) or www.missingkids.com

Parents Please Note: The area along the front of the building is a fire lane. Parking in this area is not only illegal, but creates a great hazard for our precious children. There are enough legal spaces for parent parking, please use them. Cars parked in the fire lane will be ticketed by NNMCC police.



From the Eyes of a baby!!!

In Room 111 Baylee is trying her best to stand up; Emily is now taking steps alone; and Olivia is also trying her best to walk by herself. Zoey is trying to sit up by herself; Benjamin is now reaching for toys; Ashley is walking with a lot of encouragement. Caffrey says "Oh, oh!" and smiles when he falls down. Room 112 welcomes Ryan, Judah, Pharra, and Jacob. Mersilviah and Meghan are walking all around the room. Jacob is crawling; Pharra is learning to pull up and David is sitting up by himself. In Room 113 Ryan is walking! Kaden is only 10 months old and he walks good. Jayden, the "Birthday Boy", takes a few steps and says "cra'ka" for cracker. Piper is pulling up and enjoys CDC foods. Olivia crawls everywhere, Dad and Mom are so happy for that. We welcome the twins, Natalie and Nathan. Ryan and Piper say "Nai" for Sinai. **Room 115 says a special thank you to Madisen's mom, Lonetta who put together a photo album for the CDC.** Joseph is well on his way to pre-toddlers. He is ready, willing and able. They are going to miss him. Madisen is very proud that she is learning to walk. She is trying to catch up with Joseph so she can go over to pre-tods with Joseph. Amina is holding her head up and rolling over. Eryn, Quivon, and Alana are away from the center. Naya just returned and we are so happy to see her. Syncer is taking over the room. He is walking, trying to talk and is moving right along.

In the Pre-toddler World...

In Room 119 the children explore and get busy with playtime and creativity. They have two new children in their room: Stacia and Logan. The children all love to sing and dance, but most of all they like to read books and listen to Ms. Aracely play the guitar. John is transitioning to toddlers and they are going to miss him very much. Room 120 welcomes Ms. Graciella to the class and says goodbye to Ms. Kim. The children will be working on sharing with their friends. Bryan said, "Turn on light."; Junior loves to say, "Stop!" and Olivia tells her friends, "Not nice!" Room 121 says welcome aboard to Ari, Collin, and Roderick, who they call Q. Congratulations to Maddie and Rashidi. They are moving to toddler side. They are going to be missed. Emmi and Abby are enjoying playing now; Caleb, Logan, and Zayvion are busy doing their finger painting and scribbling with crayons. They were busy getting ready for Valentine's Day and President's Day. Ari says, "Oh no! I go."



Toddler Gazette

Room 139 said farewell to Ebony and Darian as they moved over to pre-school. They welcomed Jovan, whose name rhymes with Juwan, Tre'Von, and Nathan (pronounced Natton) all classmates in that room. They are learning about shapes, colors and sign language. They have already learned about a dozen signs. What bright children we have!!!



Preschoolers Rule!

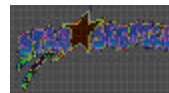
Springtime is closely approaching and that is a great time for Room 133 to start their theme of "Barnyard Buddies". Farmer Sam will introduce chickens, pigs, and other farm animals, seeds and plants, along with tractors and other farm equipment. Group activities will consist of the nursery rhyme "To Market, To Market", and the songs, "Old MacDonald Had a Farm", and "The Farmer Plants the Seeds". They will introduce opposites open/shut (such as the barnyard gate). Toward the end of the theme, the class will participate in a "Hoedown" where the children are encouraged to wear "farm" clothing. Good food, good time, great activities! All three preschool classes had a great time working off their excess energy with a "field trip" to the gym. Thank you to the gym staff!!!



20 MWR Happenings



MWR Job Opportunities!



Fun, Safe Environment!!! Metro Reimbursement!!!
Holidays and weekends off!

NNMC Bowling Center

Bowling Rec. Aid, Part-Time Positions Available Starting Pay \$7.50 per hour,
Needed for Evenings and Weekends

Child Development Center

Bldg. 26, Education Aides and Techs,
Flexible positions available from entry level to full performance level,
\$9.14-\$11.19 per hour, CDC is open M-F 6 am-6 pm

Call the MWR personnel office for more info at 301-295-9307.
To pick up an application visit the NNMC MWR Personnel Office,
Building 11, Room 14, next to the tennis courts at the barracks.
The Department of the Navy is an equal opportunity employer.

NNMC Fisher Houses



Dedicated to the Honored Memory of
Mrs. Elizabeth Fisher,
Co-founder of the Zachary and Elizabeth Fisher Houses

“We send you our love and share in your grief.”

The NNMC Fisher Houses are "comfort homes," built on the grounds of the National Naval Medical Center, providing a low-cost housing alternative which enables family members to be close to a loved one during their hospitalization for an unexpected illness, disease, or injury.

Do you have a loved one in the hospital? Do you need a place to stay?
Contact Mr. Albert Harrison for more information.

Fisher House: (301) 295-5334



Fax: (301) 295-5632

MWR Business Office, Bldg 11

Hours of Operation

Monday- Friday 0730-1600

Quality of Life Director

Bob Killion 301-295-0935
rskillion@bethesda.med.navy.mil

Admin Officer/Personnel

Marcy Dunkerley 301-295-0936
mjdunkerley@bethesda.med.navy.mil

Community Services Director

David Page 301-295-0939
dlpage@bethesda.med.navy.mil

Marketing/IT/Newsletter Editor

Jenny Charlson 301-295-1046
jlcharlson@bethesda.med.navy.mil

Accounting

Richard Little 301-295-0956
ralittle@bethesda.med.navy.mil

Comfort Zone Complex 295-2450

Gym, Fitness Center, Pro Shop,
Outdoor Recreation, Gear Zone, Pool

Hours of Operation

Mon-Fri 0500-2100

Sat- Sun 0900-1800

Pool Hours

Active Duty only M-F 1100-1300

Mon-Fri 0500-2000

Sat-Sun 1100-1700

Family Swim Friday 1800-2000

Sunday 1300-1700

Recreation Director Paul Jones

pauljones@mwrbethesda.com

Athletics Director Wendy Tompkins

wtompkins@mwrbethesda.com

Aqua/Fitness Mgr Bryan Jackson

bryanjackson@mwrbethesda.com

Liberty Zone @ the CZC 295-4727

Open Mon-Fri 1630-2100

Sat, Sun & Holidays 1200-1800

liberty@mwrbethesda.com

Liberty Program-Activities & trips for single,
unaccompanied military personnel

Amy Johnson, Program Mgr 295-0256

Carol Morris, Liberty Asst. 319-8431

Bowling Center 295-2034

Hours of Operation

Mon & Tues 1000-2200

Wed & Thurs 1500-2200

Friday 1300-0030

Saturday 1000-0030

Sunday 1300-2000

Snack bar & Snack window hours

Mon 1200-closing

Tues-Fri 1600-closing

Sat 1000-closing

Sun 1300-closing

Will Marchany, Manager 295-2060

bowler1@mwrbethesda.com

USU Café & Catering 301-493-6554

Mon-Fri 0630-1000 Breakfast

1100-1400 Lunch

Full Service Catering

Selcuk Polat, Mgr cafeteria@usuhs.mil

MWR InfoCenter 301-295-0434

Mon-Fri 0730-1600

Closed 1330-1430 for lunch

Discount tickets, TicketMaster Outlet

Infocenter@mwrbethesda.com

Richard Moy, Mgr 301-295-5432

Child Development Center

301-295-0167/0014

Open Mon-Fri 0600-1800

Jamila Aziz Child Development Program

Administrator—jamila1@mwrbethesda.com

Waiting List/ Resource & Referral Office

Please Call: (202) 433-3055